Colophon

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This 3rd edition reprinted in 2006.

Original recipes and photos: © R&R Publishing Pty. Ltd.

Design and layout: Minkowsky Graphics, Enkhuizen, The Netherlands

Cover design: Minkowsky Graphics, Enkhuizen, The Netherlands

Translation and adaptation: American Pie, London, UK and Sunnyvale, California, USA

ISBN 13: 978-90-366-1468-9

ISBN 10: 90-366-1468-6

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Foreword

The sun is shining, the air is fragrant with the scent of lavender, the heavenly blue of the Provençal sky is echoed in the purple haze of the thickly-planted rows of flowers. Flimsy summer dresses flutter in the light breeze that wafts the strains of a French *chanson* along with it. It's time to bring out the pots and pans. What's cooking in the summer kitchen today? Live like a god in France, as the saying goes. That idyll comes a little closer when you hold this cookbook in your hand.
From Creamy Fish Soup with Garlic Mayonnaise to Chicken Provençal, and Leg of Lamb with White Haricot Beans from the oven to delightful Tarte Tatin, you will be able to conjure up the southern French atmosphere right here in your own kitchen. Anything is possible, I promise you: *C'est si bon!*

6 Servings

Method

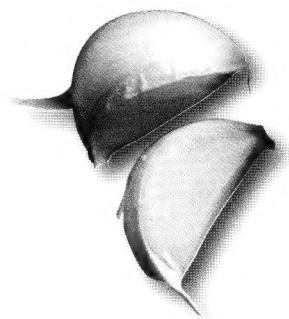
Bring the broth and water, with the bouquet garni, to the boil. Remove the pan from the heat. Melt the goose fat or butter in a stainless steel pan and add the garlic cloves. Cook on low heat until they are transparent but do not let them brown before adding the broth. Add the salt, pepper, and nutmeg and simmer for 15 minutes. **Pour** the liquid into a blender and blend until smooth, then pour the mixture back in the pan, but do not yet return it to the heat. **Spread** the egg white on the bread slices and toast them in the oven.

Beat the egg yolks with the olive oil. Add a little soup to the egg mixture, then beat this into the soup. Put the soup back on the heat to warm, but do not let it boil

To serve, place a slice of the toast in each bowl and pour the soup over it.

Tip

Do not be put off by the large quantity of garlic.
The garlic loses its strength in the preparation process and the taste becomes amazingly mild and creamy. This is a rich, peasant soup from southwestern France.



Garlic Soup

Ingredients

2 cups/18fl oz/500ml chicken broth

3 cups/1½ pints/750ml water/, 1 bouquet garni

2 tbsp/1oz/30g goose fat or butter

24 garlic cloves, peeled

salt and pepper, 1 tsp/5g grated nutmeg

3 eggs, separated, 6 slices day-old bread

2 tbsp olive oil

Method

Rinse the heads and bones and set aside. Heat the olive oil in a deep saucepan and add the fish heads and bones. Cook the fish fillets over a high heat, stirring constantly, until the fish begins to fall to pieces, about 20 minutes. Scrape the bottom of the pan to dislodge anything that has stuck to it. Add the wine and simmer, stirring well. Add the prepared vegetables, herbs, bayleaves and water and simmer for 30 minutes, skimming any scum off the surface as it appears. After 30 minutes, strain the broth thoroughly, pressing on the solids to extract as much liquid as possible. Return to the heat for a further 20 minutes then add salt and pepper to taste. Set aside.
To make the soup, heat the olive oil and add the sliced leeks, fennel, shallots, potatoes and saffron and cook over a medium heat until all the vegetables are golden and soft, about 20 minutes. Add the squashed canned tomatoes and reserved fish broth and bring the soup to the boil. Add salt and pepper to taste. Add the fish, prawns and mussels and simmer for 10 minutes. Add the cleaned squid and parsley and stir gently. Remove the soup from the heat and cover. Allow to rest for 10 minutes. Meanwhile, brush the sliced sourdough bread with olive oil and grill until golden on both sides. Rub a clove of garlic over each golden slice. To serve, place a slice of grilled bread on the bottom of each soup bowl and ladle the hot soup over, making sure that everyone gets some mussels, prawns and squid. **Add** 1 tbsp/125ml of rouille.
To make the rouille, cut the ribs out of the bell peppers, and roast them by placing them, skin side up, under a hot broiler until the skin blisters. Place the bell pepper pieces in a plastic bag until cool, then peel and discard the skin. Chop all the ingredients, except the olive oil and salt and pepper, in a food processor, taking care not to over-process. When the ingredients are well mixed, add enough olive oil, salt, and pepper to make the paste.

Ingredients

Broth

5 lb/2kg fish heads and bones

4 tbsp/60 ml olive oil

3 cups/1¼ pints/750ml dry white wine

4 carrots, peeled and sliced

2 leeks, washed and sliced

2 onions, peeled and sliced

3 ribs celery, sliced

6 tomatoes, chopped

1 tsp/5g peppercorns

1 bunch thyme, tied together

1 bunch thyme, tied together

1 bunch parsley, tied together

1 bunch dill, tied together

4 fresh bay leaves

8 cups/3½ pints/2 l water

Soup

2 tbsp/30 ml olive oil

2 large leeks, washed and sliced

1 large fennel bulb, finely sliced

6 shallots, peeled and sliced

3 medium potatoes, peeled and diced

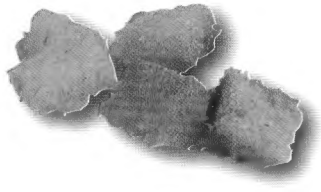
large pinch of saffron threads

6-8 servings

Method

Melt the butter in a saucepan. Add the onion and sauté for 3 minutes or until soft. Add the peas and stir continuously until shiny. Add the apple, lettuce, and broth. Bring to the boil, reduce the heat and simmer until the peas are tender - 15-20 minutes if fresh or 10-12 minutes if frozen. Purée the soup. Season with salt, pepper and nutmeg.

Beat the egg yolks and cream together in a bowl. Quickly stir in about 8 fl oz/ 1 cup / 250 ml of the purée to combine, then pour the mixture back into the saucepan. Stir over a low heat until the soup begins to boil. Adjust the seasoning. Serve immediately, scattered with croûtons, watercress, or mint.



Cream of Pea and Lettuce Soup

Ingredients

2 tbsp/1oz /30g butter

Salt, pepper and nutmeg

1 large onion, chopped

2 egg yolks

3 cups/18oz/500g shelled or frozen peas

½ cup/4fl oz/125ml light (single) cream

1 red dessert apple, peeled and diced

Fried croûtons

½ large iceberg lettuce or

1 butter lettuce, shredded

Watercress or chopped mint, to garnish

7 cups/2¾ pints/1.5 l chicken broth or water

4 servings

Method

Heat the butter in a large, heavy-based saucepan over a low heat until it melts and begins to foam. Add the onions and garlic, cover the pan, then cook, stirring frequently, for 30-35 minutes, or until the onions are golden brown.

Add the flour and cook, stirring constantly, for 2-3 minutes. Add the broth gradually, stirring all the time, and bring to the boil. Reduce the heat and simmer, covered, for 30 minutes. Season to taste with salt and black pepper.

Preheat the broiler to high. Toast the French bread on one side under the broiler, then top the uncooked side with the grated cheese. Broil until the cheese has melted and browned. Pour the soup into individual bowls and place a piece of "cheese on toast" on top of each serving.

French Onion Soup

Ingredients

4 tbsp/2oz/50g butter

3 cups/1lb 11oz/750g onions, peeled and thinly sliced

1 garlic clove, peeled and crushed

2 tsp/10g all-purpose flour

5 cups/2 pints/1.2 l beef broth

salt and black pepper

4 slices French bread, about 1in/2.5cm thick

2 oz/50g Gruyère cheese, grated

4 servings

Method

Boil the potatoes in a saucepan of salted water for 15-20 minutes, until tender. Drain and set aside until cool enough to handle, then dice. Meanwhile, cook the beans in another saucepan of boiling salted water or 5 minutes or until tender. Drain and halve.

Put the eggs into a saucepan of cold water. bring to the boil, then cook for 10 minutes. Peel the eggs under cold running water and cut into quarters lengthwise. Place the tomatoes in a bowl and cover with boiling water. Leave for 30 seconds, then peel and cut into wedges.

Place the potatoes, green beans, eggs, tomatoes, onion, tuna, olives, and anchovies, if using, in a large bowl. Mix the dressing ingredients, pour the mixture over the salad and toss lightly. Line a serving platter with the lettuce leaves and spoon the salad on top. Garnish with watercress leaves.

Ingredients

4 small waxy potatoes

2 cups/8oz/225g thin green beans

3 medium eggs

4 tomatoes

½ white onion, thinly sliced

1 small can tuna in oil, drained

3 servings

Method

Lay a sheet of filo (phyllo) dough on a work surface, then brush lightly with butter. Take a second sheet and place on top of the first sheet at an angle to form a star shape with 8 points. Brush with butter. Take a third sheet and place again at an angle, to add 4 more points to the star shape, then brush with butter.

Sprinkle a little rosemary over the star and place the Camembert in the center. Top with black pepper, 1 tablespoon of the apple sauce and a little more rosemary.

Bring the edges of the dough up over the cheese, scrunch together to close at the top and brush with butter. Repeat for the other parcels. Cover loosely with cling film and refrigerate for 2 hours.

Preheat the oven to 400°F/200°C. Lightly butter a large cookie sheet.

Put the parcels on the sheet and bake for 25 minutes or until crisp and golden.

Cool for 15 minutes, then serve warm, sprinkled with rosemary.

Camembert Filo Packages

Ingredients

9 sheets filo dough, cut into 12 in/30 cm squares

⅔ cup/5 oz/150g butter, melted

3 tbsp/45g chopped fresh rosemary, plus extra to garnish

8 oz/3 x 250g whole Camembert cheeses

Black pepper

3 tbsp/4 ml ready-made smooth apple sauce

4 servings

Method

In a medium bowl combine cheese, wine, yogurt, green onion, garlic, and 2 tsp lemon zest. Cover and chill overnight or up to 2 days.

Preheat the broiler. In a small bowl combine the remaining 1 tsp lemon zest, red onion, and parsley. Arrange bread rounds on a cookie sheet and spread liberally with cheese mixture. Broil until cheese browns and bubbles (2 to 3 minutes). Garnish with parsley mixture. Serve hot.

Cocktail Cheese Toasts (Croque Mademoiselle)

Ingredients

6 cups/1lb/450g Gruyère cheese, grated

1 tbsp/15ml dry white wine

¼ cup/2fl oz/50ml cup plain yogurt

¼ cup/2 oz/50g minced green onion

1 tsp/5g minced garlic

3 tsp/15g grated lemon zest

¼ cup/2 oz/50g finely minced red onion

¼ cup/2 oz/50g finely minced parsley

48 slices of French bread ¼ in/5mm thick

4 servings

Method

Melt the butter in a large heavy-based pan. Add the onion, green onions, and shallots and cook for 3-4 minutes until soft but not brown. Stir in the broth and thyme, and bring to the boil. **Gradually** add the mashed potato and bring once again to the boil. Reduce the heat to low, stir in the wine, and simmer for 5 minutes. Season with salt and pepper. Serve garnished with chives.

Ingredients

1 tbsp/½ oz/15g butter

1 onion, minced

2 green onions (scallions), white part only, thinly sliced

3 shallots, very finely chopped

2 tsp/10g chopped thyme

2 cups/1lb/450g potatoes, cooked and mashed

3-6 servings

Method

Scrub mussels well, and pull out the hairy beard that protrudes from shell.

In a large pot combine wine, water, bayleaf, thyme, shallots, 1 tbsp of the orange zest, and 1 tbsp of the lemon zest. Bring to a boil over high heat. Add mussels and cover. Cook over high heat 1 minute. Cover the pot and continue cooking, shaking pot vigorously once or twice, and uncovering every 20–30 seconds to check for unopened mussels. Discard any mussels that do not open in 5 minutes. After removing all mussels from pot, reduce liquid over high heat to ¾ cup/6 fl oz/175ml. Strain through dampened cheesecloth into a large stainless steel, glass, or ceramic bowl. Add orange and lemon pulp, green onion, and the remaining orange and lemon zest. Remove the mussels from the shells, reserving 12 half shells, and add to bowl. Stir to blend, then cover and refrigerate for at least 2 hours or up to 1 day. Remove from refrigerator 20 minutes before serving. Season to taste with salt and pepper; add more lemon or orange juice if necessary.

To serve, spoon a mussel and some of its liquid into each of the 12 reserved shells. Line a large serving platter or individual salad plates with cup-shaped leaves of butter lettuce. Spoon remaining mussels into lettuce cups. Garnish serving platter or individual plates with filled mussel shells.

Mussels with Spicy Citrus Relish (Moules au Citron Concassé)

Ingredients

3 dozen mussels
1 cup/8fl oz/250ml dry white wine
1½ cups/12floz/350ml water
1 bayleaf
1 tbsp/15g minced fresh thyme or
1 tsp/5g dried thyme
2 shallots, minced
4 tsp/20g grated orange zest
4 tsp/20g grated lemon zest
flesh of 1 small orange (white parts, seeds, and membranes discarded), finely diced
2 tbsp/30g minced green onion or parsley
salt and freshly ground pepper
lemon juice and orange juice, as needed
hearts of butter lettuce

6 Servings

Method

Scrub beets well. Place in a covered steamer and steam over boiling water until they can be pierced easily with a knife (20–25 minutes). Add more water to steamer as necessary. Drain beets; when cool enough to handle, peel and slice into ¼ in / 5 mm thick rounds.

In a medium saucepan over high heat, bring vinegar, lemon zest, lemon juice, and sugar to a boil. Simmer 3 minutes. Add sliced beets, turn to coat with liquid, and cook 2 minutes. Transfer beets with a slotted spoon to a stainless steel, glass, or enamel bowl. Add thyme, bayleaf, garlic cloves, and onion.

Over high heat, reduce liquid in saucepan to 1 cup/8fl oz/250ml. Pour over beets and toss to coat. Cool to room temperature, then transfer to a covered container and refrigerate for at least 3 days or up to 2 weeks.

Remove beets from refrigerator 15 minutes before serving. Discard garlic, bayleaf, and thyme. Season to taste with salt and pepper. Wash and dry the curly endive and separate into leaves. Line individual salad plates or a large serving platter with Belgian endive. Top with beets and onions. Drizzle salad lightly with beet liquid, then drizzle with olive oil and garnish with chives.

Pickled Beet Salad

Ingredients

8 medium beets

2 cups/18fl oz/500ml white wine vinegar

1 lemon, grated zest and juice

½ cup/4oz/125g sugar

six sprigs thyme, each 3 in/8cm long

1 bayleaf

3 large garlic cloves, peeled and left whole

1 cup/8oz/250g thinly sliced onion

salt and freshly ground pepper

2 small heads curly endive (escarole)

½ cup/4fl oz/125ml olive oil

3 tbsp/45g minced chives, for garnish

Method

In a Dutch oven or large pot over moderate heat, heat the olive oil. Add onion, leek, celery, and carrot. Reduce heat to low and cook gently until vegetables are soft (about 15 minutes). Add fish bones, wine, 2 cups/16 fl oz/500ml water, orange zest, thyme, bayleaves, pepper, and fennel seed. Raise heat to moderate and bring mixture to a boil, skimming any scum that rises to the surface. Reduce heat to maintain a simmer and cook for 35 minutes. Strain soup into a clean pot. Season to taste with salt.

Return broth to a simmer over moderate heat. Add fish cubes. If using only one type of fish, add all at once; otherwise, add firm fish first, more delicate fish about 2 minutes later. Cook until fish just begins to flake (3–4 minutes total). Remove fish with a slotted spoon to a warm platter. Moisten with ¼ cup/2 fl oz/50ml broth, cover, and keep warm in a low oven.

Put 1 cup of the Aioli in a medium bowl. Whisk in ½ cup/4 fl oz/125ml hot broth. Whisk this mixture back into pot. Cook over low heat, stirring constantly with a wooden spoon, until visibly thickened (about 3 minutes). Do not allow soup to boil or it will curdle.

To serve, place 2 or 3 croûtons in each of 6 warm soup bowls. Put a few cubes of fish in each bowl. Ladle broth into bowls. Garnish each serving with minced chives. Pass any extra croutons and the remaining 1 cup aioli separately.

Aioli

Combine garlic and the 1 tsp/5g salt in a mortar and grind to a paste with pestle. Or, sprinkle salt over garlic on a cutting board and mince to a paste. In a small bowl whisk yolks together well. Begin adding olive oil to eggs drop by drop, whisking constantly. When mixture is thick and smooth, add oil faster, still whisking constantly. Whisk in safflower oil, then whisk in the garlic paste. Season to taste with lemon juice, adding more salt if necessary.To make in a food processor: Process garlic, salt, and yolks until smooth. With motor running, begin adding oil drop by drop through the feed tube. When mixture is thick and smooth, add oil faster. Transfer to a bowl and season to taste with lemon juice, adding more salt if necessary.Makes 2 cups/16fl oz/500ml.

Fish Soup with Garlic Mayonnaise (Bourride)

Ingredients

3 tbsp/45ml olive oil
1½ cups/300g minced onion
1 leek (white and pale green part), cleaned and cut into ½in/1cm rounds
1 rib celery, chopped
1 carrot, chopped
3lb/1½ kg meaty fish bones
1 cup/8fl oz/250ml dry white wine
zest of ½ orange
3 large sprigs thyme or ½ tsp/2.5 g dried thyme
3 bayleaves
1 tsp/ 5g freshly ground pepper
1 tsp/ 5g fennel seed, pinch of salt
2¼ lb/1kg fish fillets, cut in 1½ in/3½ cm cubes
garlic croûtons
3 tbsp/45g minced chives, for garnish

Aioli

1½ tbsp/20g coarsely chopped garlic
1 tsp/ 5g salt, plus salt to taste
3 egg yolks
1 cup/8fl oz/250ml olive oil
lemon juice

6 Servings

Method

Put white beans in a bowl and cover with 1 inch/2.5cm of cold water. Let soak overnight. Drain.

In a large pot over moderate heat, bring broth to a boil. Add white beans, reduce heat to low, and simmer for 35 minutes. Add onion, leek, celery, potato, and carrots. Simmer 20 minutes. Add tomato, green beans, zucchini, and macaroni, and simmer until all vegetables are tender (about 20 minutes more). Serve in warm bowls; garnish each serving with 2 tsp/10g Pistou. Pass extra Pistou and Gruyère at the table.

Pistou

Place all ingredients in a blender or food processor and blend until smooth.

Vegetable Soup with Basil Purée (Soupe au Pistou)

Ingredients:

½ cup/4 oz/120g small dried white (navy) beans
12 cups/5¼ pints/3 l chicken broth
1 onion, cut in ½ in/1cm dice
1 leek (white part only), sliced ½ in/1cm thick
1 stick celery, cut in ½ in/1cm dice
½ large potato, peeled and cut in ½ in/1cm dice
2 carrots, cut in ½ in/1cm dice
1 cup tomato, skinned, seeded, and chopped
¾ cup/6oz/175g green beans, cut in 1 in/2cm lengths.
2 small zucchini, cut in ½ in/1cm dice
1/2 cup/ 4oz/ 125g dried macaroni
1 cup/8oz/250g grated Gruyère cheese

Pistou

2 tbsp/30g minced garlic
4 tbsp/60ml olive oil
1 cup/4oz/125g fresh basil leaves
½ cup/4 oz/125g grated Gruyère cheese

Method

In a large mixing bowl, combine yeast and the warm water. Let stand 5 minutes. Stir with a fork to bland. Add ½ cup/2oz/55g of the bread flour and blend well. Cover and let stand 45 minutes.

Add the cold water and salt. Begin adding bread flour 1 cup/4oz/125g at a time, stirring well after each addition. When dough becomes too stiff to stir, transfer to a lightly floured surface and knead until smooth and shiny (7–10 minutes). Place in a lightly oiled bowl and turn to coat dough with oil. Cover and let rise until doubled in bulk, about 1¾ hours.

In a medium saucepan over moderate heat, render bacon in olive oil until bacon fat is melted and bacon is browned. Transfer bacon to a plate with a slotted spoon and add onion to saucepan. Saute until slightly softened (about 5 minutes). Cool to room temperature.

Preheat oven to 220°C/425°F. Dust a pizza stone or heavy cookie sheet with cornmeal. Whisk together Fromage Blanc, egg, and the 1 tbsp flour.Punch down dough and roll into as large a circle or rectangle as will fit on the cookie sheet. Transfer to prepared cookie sheet. Spread with Fromage Blanc mixture to within 2 cm/¾ in of edge. Top with onions and bacon, and sprinkle with grated cheese. Brush edge of dough with 2 tbsp/30ml water.

Bake until golden brown (15—20 minutes). Serve hot from the oven.

Ingredients

1 package active dry yeast

½ cup/4fl oz/125ml warm (41°C/105°F) water

4 cups/18oz/500g bread (all purpose) flour, plus flour for dusting

1½ cups/12fl oz/350ml cold water

1 tbsp/15g kosher salt

oil, for bowl

4 oz/115 g slab bacon, cubed

1 tbsp/15 ml olive oil

1½ cups/12 oz thinly sliced yellow onion

3 tbsp/45g yellow cornmeal, for dusting pan

1 large egg

1 tbsp/15g all-purpose flour

¼ cup/2oz/50g grated Gruyère cheese

2 tbsp/30ml water

Fromage Blanc

¾ cup/6oz/175g whole milk ricotta cheese

3tbsp/45ml plain yogurt

pinch salt

6 Servings

Method

Cover beans with cold water and soak overnight. Drain beans and place in a large pot. Add thyme, onion halves, bayleaf, garlic bulb, ham hocks, and black pepper. Add cold water to cover by 3 cm/1½ in. Bring to a simmer over moderately high heat. Reduce heat to low and cook for 2 hours, adding water as necessary to keep beans barely covered. Taste beans and add salt if necessary. Remove onion halves and garlic bulb. Transfer beans, bayleaf, and ham hocks to a large earthenware casserole.

Bring duck legs to room temperature, letting excess fat drip off.

Wipe duck legs with paper towels.

Preheat oven to 325°F/150°C. In a medium saucepan over low heat, melt the 2 tbsp/30ml fat. Add chopped onion and minced garlic and saute for 10 minutes. Add to beans along with sausage and duck legs. Cover loosely with aluminum foil and bake for 1¼ hours. Uncover and sprinkle with bread crumbs. Bake for 30 minutes.

Ingredients

2 lb/900g small dried white haricot (navy) beans

1 tsp/5g dried thyme or 2 tsp/10g minced fresh thyme

2 onions, peeled and halved, each half stuck with a clove

1 bayleaf

1 bulb garlic, halved crosswise

2 ham hocks

2 tsp/ 10g freshly ground pepper

6 Servings

Method

In a large saucepan over moderate heat, melt butter. Add liver and sauté until lightly browned (about 1½ minutes on each side). Transfer liver to a plate. Add pork and sauté until it is no longer pink (about 3 minutes).

To make in a food processor: Transfer pork and liver to processor and process 2 seconds. Add egg, onion, garlic, spinach, sage, flour, bread crumbs, salt, pepper, and nutmeg. Pulse several times until blended. To make by hand: Chop pork and liver until finely minced. Transfer to a bowl and stir in egg, onion, garlic, spinach, sage, flour, bread crumbs, salt, pepper, and nutmeg. Refrigerate mixture at least 3 hours, or overnight.

Preheat oven to 375°F/190°C. Shape sausage into 6 large or 12 small patties. Cut caul into squares and wrap each patty in caul. Bake on lightly oiled cookie sheet until browned (10–15 minutes for small sausages, 25 minutes for large ones). Transfer to a warm platter and garnish with sage.

Pork and Spinach Sausage Patties (Crepinettes)

Ingredients

2 tbsp/30g unsalted butter

1 cup/4oz/125g chicken liver

1 lb/450g coarsely ground pork

1 egg

1 cup/ 8oz/ 250g minced onion

2 tbsp/ 30g minced garlic

2 cups/ 8oz/ 250g coarsely chopped, tightly packed fresh spinach leaves

2 tsp/10g minced fresh sage or 1 tsp/5g dried sage

2 tbsp/30g all-purpose flour

1 cup/8 oz/250g fresh bread crumbs

½ tsp/2.5g salt

1 tsp/5g freshly ground pepper

pinch nutmeg

8 oz/225g caul fat (see Note)

sage sprigs, for garnish

4 servings

Method

Preheat the oven to 300°F/150°C.

Flake the crabmeat and reserve it, being careful to keep the shells intact. Sauté the shallots and mushrooms in the butter, season with salt and pepper. Warm the cognac, set it alight, and pour it over the shallots and mushrooms. Remove the pan from the heat.. Make the sauce by melting the butter in a saucepan and stirring in the flour over a low heat for 1-2 minutes.

Gradually add the fish broth and stir until the sauce thickens then stir in the cream, mustard and seasoning. Allow to simmer for 2-3 minutes then remove from heat and stir in the crab meat and mushrooms. Spoon the mixture into the crab shells, sprinkle with cheese and bake at 330°F/155°C for 5 minutes.

Ingredients

4 small crab

1 tbsp/ 15g chopped shallot

½ cup/2 oz/50g chopped mushroom

1 tbsp/15g butter or margarine

2 tbsp/30ml cognac

Seasoning to taste

Gratin Sauce

2 tbsp/30g butter or margarine

2 tbsp/30g flour

1½ cups/12fl oz/350ml fish broth

½ cup/4oz/125ml heavy cream (double)

1 tsp/5ml French mustard

1 tsp/5g cayenne pepper

½ cup/2 oz/50g grated cheese

6 Servings

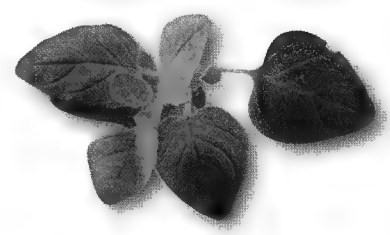
Method

Serve this delicious dish with steamed rice. Add a few olives a few minutes before serving, if liked.

Pat the chicken pieces dry and season lightly with pepper. Heat the oil and butter in a large skillet (frying pan) over a high heat. When foaming subsides, add as many chicken pieces, skin side down, as can fit comfortably in one layer. Sauté for 2–3 minutes on both sides, using tongs to turn them. Remove to a warm plate.

Add the garlic, onions, and peppers to the pan, and cook over a low heat, stirring occasionally, until they soften. Return the chicken pieces to the pan and add the wine, tomatoes, and herbs. Bring to the boil, cover, and simmer for 30 minutes or until the chicken is tender.

Taste and adjust the seasoning if necessary.



Chicken Sauté Provençale

Ingredients

1 chicken, cut into 6 pieces

2 large bell peppers, seeded and sliced

1 tsp/5g pepper

2 tbsp/30ml oil

1 cup/8fl oz/250ml white wine

2 tbsp/1oz/30g butter

2 large tomatoes, chopped

2 garlic cloves, finely chopped

1 tbsp/ 15g chopped oregano or basil

2 onions, sliced

salt

Method

Put beans in a large pot; cover with 2 quarts/2 l/3½ pints cold water and let soak overnight. (To quick-soak, bring beans and water to a boil; boil 1 minute, then cover and let stand 1 hour.) Drain beans and set aside.

In an ovenproof casserole large enough to hold both lamb and beans, render salt pork over low heat until crisp. With a slotted spoon, transfer salt pork to paper towels to drain. Pour off all but 3 tbsp fat in pan, or add enough butter to make 3 tbsp/45ml. Add carrots, onions, and celery, and sauté over moderately low heat until softened (about 10 minutes). Add drained beans, salt pork, bouquet garni, the 2 cups/500ml/16fl oz wine, and just enough chicken broth to barely cover.

Bring mixture to a simmer over moderately high heat, stirring. Cover, reduce heat to maintain a simmer, and cook until beans are just tender. Depending on age of beans, cooking may take up to 3 hours.

With a small, sharp knife, cut 10 slits in the lamb about 1 cm/½in long and ¼ in/5mm deep. Insert a garlic sliver in each slit. In a blender combine remaining garlic, salt, pepper, thyme, bayleaf, oil, and the remaining 2 tbsp/30ml wine. Blend to mix. Rub mixture evenly over meat. Cover lamb and marinate, refrigerated, at least 5 hours, or overnight.

Ingredients

2½ cups/1¼ lb dried white navy (haricot) beans

1 cup/8 oz/250g diced salt pork (½ in/1 cm cubes)

½ cup/2 oz/50g carrot

½ cup/2 oz/50g onion

½ cup/2 oz/50g minced celery

bouquet garnet (1 ribs celery,1 bayleaf, 3 sprigs parsley

2 sprigs thyme, tied together in cheesecloth (muslin)

2 cups plus 2 tbsp/ 17fl oz/ 550ml dry white wine

3½ cups/1½ pints/850ml chicken broth

1 leg lamb (5 lb/2 kg), boned and butterflied

2 garlic cloves, peeled and thinly sliced

2 tsp/10g salt

1 tsp/5g freshly ground pepper

1 tsp/5 g fresh or ½ tsp/ 2.5g dried thyme

1 bayleaf, crumbled

2 tbsp/30ml olive oil

2 tbsp/30g minced parsley, for garnish

Make-Ahead Tip

The beans may soaked up to 3 days ahead. Cover and refrigerate..

Method

Preheat oven to 350°F/180°C. Remove wingtips from chickens and reserve. Clean chickens well, removing excess fat deposits and any bloody bits inside cavities. Wash and dry thoroughly. Reserve giblets. Salt and pepper cavities lightly. Set aside half the chopped onions; stuff each chicken with half the remaining onions and half the apple slices. Truss birds with kitchen string. Season with salt and pepper.

In a small saucepan, combine butter, apple juice, oil, and 2 tbsp/30ml of the calvados. Brush chickens with some of the butter mixture. Place on rack in roasting pan and roast 40 minutes, basting after 20 minutes with more butter mixture and any juices that accumulate on bottom of roasting pan.

While chickens are roasting, combine remaining onions with wing tips and giblets in a small saucepan. Add water just to cover. Bring to a simmer over high heat, skimming as necessary to remove any scum that rises to the surface. Reduce heat to maintain a simmer. Cook 1 hour, uncovered, then strain and reserve.

Meanwhile, quarter and core large red apples. Slice each quarter in half lengthwise. After chickens have cooked 40 minutes, baste them and add apples to roasting pan. Continue roasting. Baste both apples and chickens after

Ingredients

2 whole chickens (2½–3lb/1kg–1⅓kg each)

salt and freshly ground pepper

2 onions, coarsely chopped

1½ cups/12oz/350g unpeeled apple slices

2 tbsp/30g unsalted butter, melted

¼ cup/2 fl oz/50ml apple juice

2 tbsp/30ml olive or safflower oil

4 tbsp/60ml calvados or applejack

2 large red apples

2 tbsp/30g minced parsley, for garnish

12 servings

Method

Soak prunes in wine overnight. Drain, reserving the wine.

To prepare in a spice grinder: Combine thyme, paprika, savory, bay, salt, and peppercorns and grind to a fine powder. To prepare by hand: Use ground bayleaf and freshly ground black pepper and simply combine herbs and spices in a bowl.

Trim away all but ⅛in/2.5mm fat on surface of pork. Butterfly roast by making a long, lengthwise cut through the center, almost but not all they way through. The loin should open like a book. Rub cut surfaces with 2 tsp/10g of the spice mix, then cover with prunes. Using kitchen string, tie roast at 1in/2.5cm intervals. With a small, sharp knife, cut slits about ½in/2cm deep in fat side of pork. Roll garlic slivers in spice mix and insert in slits. Coat roast with any remaining spice mix. Place on a plate, cover with plastic wrap, and refrigerate 12 hours.

Preheat oven to 350°F/180°C. Transfer roast to a rack in a roasting pan and cook until meat thermometer registers 160°F/72°C (about 2 hours), basting every 25 minutes with reserved wine. Remove roast from oven, cool to room temperature, then cover and refrigerate. Slice thinly to serve.

Cold Roast Pork with Prunes

Ingredients

1cup/8 oz/225g large pitted prunes

2 cups/16fl oz/500ml sweet white wine

2 tsp/10 g dried thyme

2 tbsp/30g paprika

1 tbsp/15g dried savory

2 bayleaves, coarsely crumbled, or

1 tsp/5g ground bayleaf

1 tbsp/15g salt

2 tsp/10g black peppercorns

5lb/3kg center-cut pork loin, boned but not tied

4 large garlic cloves, peeled and thinly sliced

Method

Preheat oven to 325°F/150°C. Trim shanks of any visible fat; reserve.

In a large roasting pan, drizzle garlic cloves and tomatoes with oil. Roast, uncovered, for 45 minutes. Transfer tomatoes and garlic to a bowl. When cool enough to handle, peel tomatoes and garlic. Chop tomatoes coarsely.

Raise oven temperatures to 400°F/200°C. Season shanks with salt and pepper.

Roast 30 minutes; turn shanks, add shallots, and cook for 15 minutes.

Spoon off all but 2 tbsp/30ml fat. Add tomatoes, garlic, thyme, and red wine to pan. Cover and bake for 30 minutes. Uncover and continue baking for 30 minutes. Turn shanks and continue cooking until they are fork-tender (20–30 more minutes). Remove from oven; discard thyme.

Transfer shanks to a warm platter, cover loosely with aluminum foil, and keep warm in a low oven. Pour contents of pan into a measuring cup and let settle 5 minutes. Skim off any fat that floats to surface. Place contents of cup in a blender or food processor and blend until smooth and silky. Reheat sauce and spoon over and around shanks.

Ingredients

6 lamb shanks (about 1–1⅓ lb/455–600g each),
sawed into 3 or 4 pieces

2 garlic bulbs, separated into unpeeled cloves

6 large tomatoes, cored

3 tbsp/ 45ml olive oil

6 Servings

Preheat oven to 350°F/180°C. Toast bread crumbs for 5 minutes, then set aside.

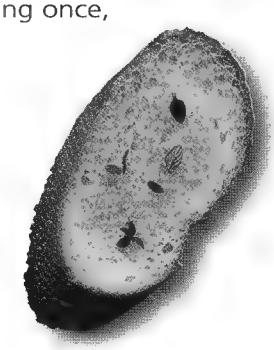
Bone pork and cut meat into 2 in/5 cm cubes; do not trim away fat.

To make in a food process: Combine bread crumbs, pork, shallot, garlic, egg, pepper, ginger, cloves, nutmeg, salt, and champagne. Process until meat is well chopped by not yet a smooth paste. Add green onion and process 2 seconds just to blend.

To make by hand: Put pork through the medium blade of a meat grinder. Mince shallot and garlic. In a medium bowl combine bread crumbs, ground pork, shallot, garlic, egg, pepper, ginger, cloves, nutmeg, salt, champagne, and green onion. Blend lightly but thoroughly with your hands.

Form mixture into 6 patties. Transfer to a large plate, cover with plastic wrap, and refrigerate at least 4 hours or up to 8 hours.

Prepare a medium-hot charcoal barbecue fire. Grill patties, turning once, until done throughout (about 15 minutes total cooking time). Serve on a warm platter with a small bowl of Sauce moutarde in the center.



Mustard Sauce

Whisk together mustard and sour cream.

Season to taste with salt and pepper. Makes 1 cup/8fl oz/250ml.

Champagne Sausages
with Mustard Sauce

Ingredients

⅓ cup/3 oz/85g fresh bread crumbs
2 lb/900g bone-in pork shoulder
1 shallot, peeled and halved
2 garlic cloves, peeled and coarsely chopped
1 large egg
½ tsp/2.5g freshly ground pepper
1 tsp/5g ground ginger
1 tsp/5g ground cloves
pinch of nutmeg
½ tsp/2.5g salt
½ cup/4fl oz/125ml champagne
¼ cup/2 oz/50g chopped green onion

Mustard Sauce

¼ cup/ 2 fl oz/ 60ml stone-ground honey mustard
¾ cup/6fl oz/175ml sour cream or crème fraîche
salt and freshly ground pepper

Makes **4 quarts/4 l/7 pints**

Combine 4 cups/1lb of the cabbage and ¼cup/2oz/50g of the salt in a stainless steel bowl. Leave to stand 1 hour.

Transfer the salted cabbage to a large earthenware crock. Add remaining cabbage and salt in layers, leaving at least 8–10cm/3–4in of space at top of crock. Put a small plate directly on surface of cabbage, then put a 2lb/1½kg weight on the plate. Cover crock well with plastic wrap, making sure it is sealed tightly.

Set crock in a cool, dark place, no warmer then 68°F/20°C. Cabbage will begin to ferment after 7–10 days. Allow it to ferment 4–6 weeks. Transfer fermented cabbage and any liquid to a large stockpot. Bring to a simmer over moderately high heat. Pack sauerkraut into sterilized canning jars and cover with a little juice. Cover with lids and rings and process in a boiling water bath for 20 minutes. Store sauerkraut in a cool place for up to 1 year.

Ingredients

4½kg/10lb green cabbage, halved, cored, and shredded

⅔cup/5½ oz/150g non-iodized salt

4 servings

Pare the zucchini into slivers lengthwise, using a vegetable peeler.

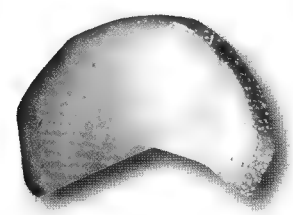
In a bowl, mix together the sunflower oil, walnut oil and vinegar and season.

Add half the zucchini slivers to the mixture, toss lightly and set aside.

Brush a large frying pan with a little sunflower oil and heat it. Lay the remaining zucchini slivers in the pan and cook 2 minutes on each side or until lightly browned. Remove, season, and set aside. Wipe the pan clean.

Coarsely crush the hazelnuts, using a pestle and mortar, or put them in a plastic bag, seal, and crush with a rolling pin. Place in the frying pan and fry for 1-2 minutes, until golden.

Divide the watercress between serving plates. Spoon some of the marinated zucchini into the center, reserving some of the marinade. Scatter with half the toasted hazelnuts and the feta. Arrange the charred zucchini on top, sprinkle over the rest of the hazelnuts and the reserved marinade.



Zucchini and Hazelnut Salad

Ingredients

1lb 5oz/600g small zucchini

2 tbsp/30ml sunflower oil, plus extra for frying

5 tbsp/75ml walnut oil

1 tbsp/15ml white wine vinegar

salt and black pepper

⅓ cup/3½oz/100g whole blanched hazelnuts

2 cups/6oz/170g watercress, thick stalks removed

3oz/75g feta cheese, crumbled

6 servings

In a blender or food processor, combine egg yolk, lime juice, vinegar, and chopped green onions. Blend until smooth. With motor running, add oil drop by drop until sauce thickens, then add oil faster until all is used up. Sauce should be thick and green. Remove to a bowl; stir in salt and pepper to taste. Sauce may be made up to 1 day ahead, covered, and refrigerated.

Slice salmon crosswise into strips about 1in/2.5cm wide. Season with salt and pepper. In each of two x 9in/23cm saucepans over moderate heat, bring 1 cup/8fl oz/250ml wine to a simmer. Divide salmon between the saucepans, return to a simmer, then adjust heat to maintain a simmer. Cover and cook 3 minutes. Turn fillets over, cover, and cook an additional 3 minutes. Check for doneness; fish should be bright pink and firm but still moist in the center. With a slotted flat spatula, transfer fillets to clean kitchen towels to drain.

While fish is cooking, steam green beans over, not in, boiling salted water until tender-crisp (6–10 minutes, depending on size). On a large serving platter or on individual plates, arrange poached salmon, bundles of green beans, and heart of romaine lettuce. Garnish platter with minced green onion. Pass sauce separately or drizzle some of the sauce over the salad and pass remaining sauce separately.

Ingredients

1 egg yolk

juice of 1 lime

2 tbsp/30ml white wine vinegar

6 green onions (scallions) (white and pale green part only), coarsely chopped

1 cup/8fl oz/250ml olive oil

kosher salt and freshly ground pepper

2¼ lb/1kg salmon fillet, skin attached

2 cups/16fl oz/500ml dry white wine

1 cup/250g/8oz green beans, ends trimmed, halved if large

1 heart (pale inner leaves only) romaine lettuce

1 green onion, minced, for garnish

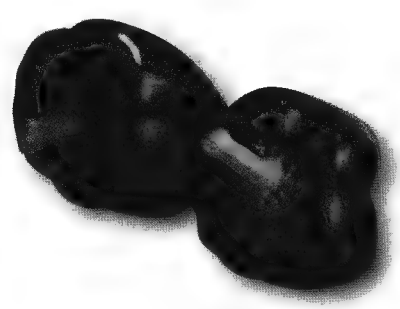
16 servings

Cover cod with cold water. Refrigerate 24 hours, changing water 3 times. The last time, add 4 cups/1¾ pints/1l of the milk to water. Drain and cut the cod into pieces weighing around 5 oz/140 g pieces.

Preheat oven to 350°F/180°C. In a large saucepan over moderate heat, heat oil. Add onion and garlic and toss to coat with oil. Add salt cod, the remaining 1½ cups/12fl oz/350ml milk, cream, and potatoes. Bring to a simmer, reduce heat to low, and cook for 5 minutes, turning fish occasionally. Remove fish to a bowl with a slotted spoon. Cover saucepan and simmer until potatoes are tender (8 to 10 minutes longer).

Lightly break fish apart with a fork. When potatoes are tender add contents of saucepan to bowl, along with vinegar, cayenne, capers, parsley, and green onions. Stir to blend.

Cut tops off peppers and reserve. Remove seeds and cut out ribs. Stuff each pepper with ¾ cup/6oz/175g salt cod mixture. Replace tops of bell peppers. Place bell peppers in a roasting pan, cover with aluminum foil, and bake until soft (30–35 minutes). Serves hot or warm.



Salt Cod-stuffed Bell Peppers (Poivrons farcis à la morue)

Ingredients:

1½ kg/3lb salt cod
5½ cups/2¼ pints/1.35 l milk
3 tbsp/45ml olive oil
1 medium red onion, thinly sliced
6 cloves garlic, thinly sliced
1½ cups/12fl oz/350ml whipping cream
4 cups/1 lb/455 g potatoes, peeled and diced
3 tbsp/45ml red wine vinegar
¾ tsp cayenne pepper
6 tbsp capers
6 tbsp minced parsley
1 large bunch green onions, chopped
8 green bell peppers
8 red bell peppers

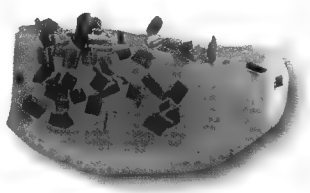
4 servings as an appetizer

Method:
Bring a large pot of salted water to a boil over high heat. Plunge lobsters into boiling water for 2 minutes. Drain. When lobsters are cool enough to handle, split them in half lengthwise with a heavy knife. Remove and discard any viscera, including the intestinal vein in the tail.
Brush lobsters with melted butter and place them on grill, shell side up. Grill over a medium-high fire for 8–10 minutes, then turn, brush with butter, and continue grilling until tails are firm and white (about 5 minutes more). Remove to a warm serving platter. Twist off claws and return the claws to grill for an additional 3 to 4 minutes. Serve on platter accompanied by three sauces.

Basil Cream Sauce
In a small bowl, whisk together sour cream, basil, and lemon juice. Season to taste with salt and pepper. Cover and refrigerate at least 1 hour or up to 1 day. Remove from refrigerator 30 minutes before serving. Makes about 11/4 cups/10fl oz/300ml.

Shallot Tarragon Butter
In a small saucepan over moderately low heat, melt 1 tbsp/15g butter. Add shallot and sauté until softened (about 5 minutes). Add wine and reduce until most of the wine has evaporated.
To make in a food processor: Place contents of saucepan in processor with the remaining 1 cup/8oz/250g butter and tarragon. Process until smooth.
To make by hand: Combine the remaining 1 cup/8oz/250g butter, tarragon, and contents of saucepan in a bowl; stir with a wooden spoon until smooth.
Season to taste with salt and pepper. Pack seasoned butter into serving ramekins and chill at least 1 hour or up to 1 day. Bring to room temperature before serving. Makes about 1 cup/8oz/250g.

Summer Garden Vinaigrette
Whisk together vinegar, lemon juice, mustard, and parsley in a medium bowl. Add oil in a slow, steady stream, whisking constantly; the mixture should be thick and creamy.
Stir in tomatoes and chives. Season to taste with salt and pepper.
Makes about 11/4 cups/600ml/1/2 pint



Broiled Lobster with Three Sauces

Ingredients:
2 live lobsters (around 2lb/900g each)
1/4 cup (approximately) melted unsalted butter

Basil Cream Sauce
1 cup/8fl oz/250ml sour cream or crème fraîche
1/4 cup/1oz/25g minced fresh basil
2 tsp/10ml lemon juice
kosher salt and freshly ground pepper

Shallot Tarragon Butter
1 cup plus 1 tbsp/9fl oz/300ml unsalted butter, softened
1 shallot, minced
2 tbsp/30ml dry white wine
3 tbsp/45g minced fresh tarragon
1/2 tsp/2.5g kosher salt
1/2 tsp/2.5g freshly ground pepper

Summer Garden Vinaigrette
2 tbsp/30ml apple cider vinegar
1 tbsp/15ml lemon juice
1 tsp/5ml Dijon mustard
2 tbsp/30g minced parsley
3/4 cup/6fl oz/175ml olive oil
1/2 cup/4oz/125g diced fresh tomato
2 tsp/10g minced chives
kosher salt and freshly ground pepper

6 servings

Preheat the oven to 425°F/220°C. Lay the fillets side-by-side on nonstick baking paper, season, and refrigerate. Cut the pastry into 2 pieces, 1 slightly larger than the other. Roll the smaller piece into a rectangle slightly larger than the fillets. Place on a dampened cookie sheet and prick the dough all over with a fork. Refrigerate 15 minutes.

Bake for 8-10 minutes, until golden. Cool for a few minutes, then sprinkle with the farina. Lay the fillets on the pastry, dot with butter, and sprinkle with the lemon rind and juice, dill, parsley, and tarragon. Season and set aside. Roll the rest of the pastry to a rectangle slightly larger than the base. Place over the fillets, tuck the edges under the base, score and brush with the egg mixture. Cook for 15 minutes, then reduce the heat to 325°F/160°C. Cook for a further 15 minutes. Cover with foil if the pastry starts to burn.

Meanwhile, make the sauce. Melt half the butter in a pan. Add the flour and stir for 1 minute, then add the stock and wine and bring to the boil, stirring. Simmer, stirring occasionally, for 5 minutes or until thickened. Add the cream, herbs and seasoning, then whisk in the remaining butter. Serve with the salmon.

Salmon en croûte

Ingredients

6 skinless salmon fillets, about 200g/7oz each
salt and black pepper
1¼lb/500g ready-rolled puff pastry dough
2 tbsp/30g farina (cream of wheat)
1 tbsp/½oz/15g butter
½ lemon, finely grated rind and juice
1 tbsp/15g each minced dill, parsley, tarragon
1 large egg yolk mixed with 1 tbsp/15ml milk, for glazing

For the herb sauce:

1½oz/40g chilled butter, cubed
1 tbsp/15g all-purpose flour
1 scant cup/7fl oz/200ml fish broth
3 tbsp/45ml dry white wine
1 tbsp/15ml double or whipping cream
1 tbsp/15g each chopped fresh parsley, dill and tarragon

4 servings

Rinse the spinach, remove any coarse stalks or leaves and place in a large saucepan. Cover and cook over a low heat for 4-5 minutes or until it has wilted. Drain and squeeze out any excess water. Chop roughly and set aside.

Preheat the oven to 375°F/190°C. Grease a 3-cup/1.5 l/2½ pint or /7in/18cm soufflé dish, sprinkle with Parmesan, and set aside. Gently heat the sunflower spread, flour, and milk in a pan, whisking continuously, until the sauce boils. Simmer for 3 minutes, stirring. Transfer to a large bowl, add the spinach and mix well. Gradually beat in the egg yolks and 6 tbsp/75g/3oz of the cheddar, then season with pepper and nutmeg. Whisk the egg whites in a clean dry bowl until stiff (this is easiest with an electric whisk), then fold into the spinach mixture.

Spoon the mixture into the prepared dish and sprinkle with the remaining cheddar. Bake for 30 minutes or until well risen and lightly set.

Ingredients

4 cups/1 lb/450g fresh spinach

1oz/30g sunflower spread, plus extra for greasing

1 tbsp/15g finely grated Parmesan cheese

1oz/30g all-purpose flour

1 cup/250ml/8 fl oz half-fat milk

4 servings

Preheat the oven to 400°F/200°C. Place 2 pieces of garlic and 1 rosemary sprig in the cavity of each Cornish hen, then place them on a rack in a roasting pan.

Brush each bird with 1 tbsp/15ml oil and sprinkle over the chopped rosemary. Season and roast for 50 minutes or until cooked through and tender. Remove from the oven, then loosely cover with foil to keep warm.

Remove the rack, then pour the cooking juices into a small saucepan. Stir in the flour, then stir for 1-2 minutes, until smooth. Pour in the stock or wine and bring to the boil, stirring. Add the lemon juice and simmer for 2–3 minutes, stirring, until thickened. Add the mustard, then season. Garnish with rosemary and serve with the gravy.

Cornish Hens (Poussins) à la Provençale

Ingredients

4 cloves garlic, halved lengthwise

6 fresh rosemary sprigs, 4 left whole and 2 chopped,, plus extra to garnish

4 oven-ready Cornish hens (poussins)

4 tbsp/60ml olive oil

salt and black pepper

2 tsp/10g all-purpose flour

1¼ cups/½ pint/300ml chicken broth or white wine

½ lemon juice squeezed

1 tsp/5ml Dijon-style mustard

Combine all the ingredients except the ham and bacon. Mix them together well with your hands. Line a terrine with the bacon, leaving the long ends hanging down at the sides to fold over the top. Press down half the meat mixture and smooth the surface.

Arrange the ham slices over this and put the rest of the meat on top. Smooth the surface and fold the bacon slices over to seal. Put the lid on and place the terrine in a large roasting pan and add enough warm water to come half-way up the sides.

Cook in a preheated oven at 350°F/180°C for about 1½–2 hours, or until done. Let it cool with a weight on top and then chill.

Tip

This terrine looks very special when sliced, displaying the ham in the center.

Pork and Veal Terrine

Ingredients

3½ cups/2¼ lb/1 kg ground pork and veal (equal quantities)
1 egg
2 shallots, minced
1 tbsp/15g grated lemon zest
1 tsp/5g salt
3 tbsp/45ml brandy
2 tsp/10g allspice
4oz/125g ham, thickly sliced
1tsp/5g chopped thyme
5 slices bacon, rinds removed
2 garlic cloves, minced

4 servings

To make the sauce, heat 1 tbsp/15ml of the oil and 1tbsp/½oz/15g of the butter in a pan. Cook the onion, 2oz/50g of the bacon, and the chopped mushrooms for 5 minutes or until the onion is golden. Stir in the flour and cook for 1 minute. Stir in the wine and broth. Add the herbs and pepper. Simmer, covered, for 30 minutes, stirring occasionally.

Meanwhile, put the pickling onions into boiling water for 2 minutes, then drain, dry, and skin them. Heat the remaining oil and ½oz/15g of the butter in a skillet and fry the onions for 5 minutes. Add the remaining bacon and cook for 5 minutes or until crisp. Remove from the pan. Cook the fish in 2 batches for 1 minute, turning to brown on all sides, then remove from the pan. Melt the rest of the butter and cook the whole mushrooms for 2-3 minutes.

Strain the sauce into a clean pan and add the pickling onions and bacon. Cook gently for 10 minutes, then add the monkfish and mushrooms and cook for a further 5 minutes, until the fish is cooked through. Season and serve garnished with parsley.

Monkfish Bourguignon

Ingredients

2 tbsp/30ml vegetable oil

1½oz/40g butter

1 onion, chopped

6oz/175g rindless Canadian bacon, chopped

6oz/175g button mushrooms, 2oz/50g chopped, the rest left whole

2 tbsp/30g all-purpose flour

1¾ cups/¾ pint/450ml red wine

1¼ cups/½ pint/300ml fish or chicken broth

1 bayleaf

Fresh thyme sprigs

salt and black pepper

12 pickling onions

1lb 4oz/550g monkfish fillet, cubed

minced fresh parsley to garnish

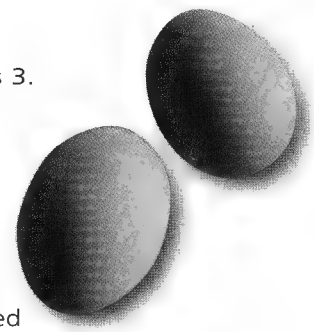
2-3 servings

Beat the eggs with a fork; season with salt and pepper. Melt the butter in an omelet pan. When the butter begins to brown, pour in the eggs. Shake the pan back and forth so that the eggs cook evenly, or stir once or twice with a fork. Tilt the pan away from the handle and, with a fork or spatula, fold the omelet into an oval shape, i.e., fold over two sides into the center. Slide the omelet onto a warm plate using an egg slice or metal spatula, being careful not to break it.

Omelet Variations

Mushroom Omelet. Slice 6 mushrooms and sauté them in 1 tbsp/½ oz/15 g butter and 1 tsp of minced parsley. When cooked, add them to the egg mixture and proceed to make the omelet.

Omelette aux Fines Herbes. Add 1 tbsp/15g each of minced parsley, chives, chervil, and tarragon to the egg mixture.



Cheese Omelet. Mix 1 tbsp/15g grated Gruyère cheese and 1 tbsp/15g of grated Parmesan cheese to the egg mixture. Serves 3.

Bacon Omelet. Cut 2 lean bacon slices, rinds removed, into matchstick pieces. Sauté in butter and when cooked remove with a slotted spoon to the omelet mixture. Proceed to make the omelet at once.

Onion Omelet. Take 2 tbsp/30g of finely sliced onions and sauté them until they begin to brown. Remove them with a slotted spoon and proceed to make the omelette at once. Serves 3.

Provençale Omelet. Peel, seed, and chop 2 tomatoes. Pit 4 black olives and slice finely. Chop 4 basil leaves. Sauté the tomatoes, olives, and basil in butter for a few minutes, then add to the egg mixture and make the omelet at once.

Aspagarus Omelet. Cook 3 tbsp/45g of asparagus tips in water for 5 minutes. Drain and sauté for a few minutes in butter. Keep warm. Make the omelet in the normal way but place the asparagus in the center third of the omelet just before you fold over the two sides.

French Omelets

Classic omelet

5 eggs

¼ tsp/1.25g pepper

¼ tsp/1.25g salt

2 tbsp/1 oz/30g butter

The next day

Melt the butter in a large saucepan and add the sliced onions. Stir to coat with the butter and cook over a medium heat until the onions are translucent. Cover the saucepan with a lid and continue to cook on a low heat for about 40 minutes or until the onions are golden-brown. Set aside to cool.

Mix the yeast, water, and sugar together and allow to sit for 5 minutes. Mix this mixture into the prepared starter dough, with the salt, half the caramelized onions, and the baking soda. Slowly add more flour until the dough forms a shaggy mass.

Tip the dough out onto a floured board or work surface. Begin kneading the dough, adding as much flour as necessary. **When** the dough is smooth and elastic, leave it to rise for 30 minutes.

Remove the dough from the bowl and divide in half. Shape each piece of dough into a flat oval loaf, about (⅔inch/1½ cm thick, using your fingertips to add texture to the dough. Scatter the remaining onions over the surface of the dough then drizzle the dough with some olive oil and allow to prove for 30 minutes. Spray the dough with water and bake in a preheated oven at 400°F/200°C for 25-30 minutes, or until crusty and golden.

Ingredients

Starter:

1 cup/4oz/125g whole-wheat flour

1 cup/8fl oz/250ml plain yogurt

1 tsp/5g sugar

1 tsp/5g yeast

¼ cup/2 fl oz/60ml lukewarm water

Topping:

1¾oz/50g butter

4 large onions, sliced

Dough:

1 tbsp/5g dried yeast

¼ cup/2 fl oz/60ml lukewarm water

1 tsp/5g sugar

1½ tsp/7.5g salt

1 tsp/5g baking soda

2-3 cups/8-12oz/250-375g whole-wheat flour

To make the starter, mix the flour, yeast, and water together until the mixture resembles a batter the consistency of thick cream. Cover and prove in a non-reactive bowl for up to 3 days (8 hours minimum) to develop a mature flavor.

To make the dough, mix the starter, 9 cups/2¼lb/1kg of flour, salt, yeast, garlic, and half the oil with the warm water to make a soft dough. Knead on a floured surface until the dough is silky smooth, adding remaining flour as necessary until the dough is elastic. Allow the dough to rise in an oiled bowl until doubled in bulk, about 2 hours.

Divide the dough into 12 pieces and, using your fingertips or a rolling pin, shape into ovals about ½in/1cm thick. With a sharp knife, make diagonal cuts through the dough and then gently stretch to open them up. Brush with the remaining oil and sprinkle with a little sea salt if desired.

Allow to rise for 30 minutes then bake at 425°F/200°C for 15-20 minutes, spraying with water twice during baking (if you prefer, place a baking pan of boiling water in the bottom of the oven to create steam).

Remove from the oven and brush once more with olive oil before they cool.

Provençal Fougasse

Ingredients

Starter:

2 cups/8oz/250g all-purpose flour

1 heaping tbsp/20g fresh yeast or 1 package dry yeast

1½ cups/12fl oz/350ml lukewarm water

Dough

13 cups/3lb 5oz/1½kg flour

1½ tbsp salt

1 tbsp/30g yeast

8 cloves garlic, minced

⅓ cup/3½oz/100ml olive oil

around 1 cup/8fl oz/250ml warm water

sea salt crystals, to garnish

Mix the yeast, water, and 2 cups/8oz/250g of the bread flour and beat well with a wooden spoon for 3 minutes, until the mixture resembles a thick batter.

Cover with plastic wrap and allow to rest for 2–3 hours.

Add all the remaining ingredients, except the garnish, to the sponge and mix to a soft dough. Turn out onto a floured work surface and knead well for about 10 minutes, adding a little extra flour if the dough is too sticky. Return the dough to an oiled bowl and allow to rise once more for 1 hour.

Remove the dough from the bowl and divide into four even pieces.

Working with one piece at a time, flatten the dough into a rectangle around 12x 4in/30cm x 10cm and around ⅓in/1cm thick. With a sharp knife, make deep cuts in the dough ⅓in/1cm from each edge and extending from one side of the dough to the other. When you have made four cuts, gently pull the top and bottom of the dough to stretch the cuts, making them look like the rungs of a ladder. **Complete** the other pieces of dough in the same manner.

Transfer the breads to oiled baking trays and allow to prove for 30 minutes.

Brush with olive oil and scatter a little sea salt over the surface.

Bake at 390°F/200°C for 20-25 minutes, until the loaves are crisp and golden.

Ingredients

1 tbsp/15g fresh yeast or 1 package dry yeast

3 cups/1¼pints/750ml warm water

4 cups/1lb/500g bread flour

2 cups/8oz/250g whole-wheat flour

¼ cup/2oz/60g buckwheat flour

2 tbsp/30ml olive oil

2 tsp/10g sea salt

1–2 cups/4–8oz/125–250g chopped black olives

olive oil and sea salt, to garnish

1 large loaf or **2 small** loaves

Preheat oven to 400°F/ 200°C. Use butter to grease one 8-cup/6 x 10 in/15 x 25 cm loaf pan or two 4½-cup/3 x 7 in/8 x 18 cm loaf pans. Dust bottom and sides with flour, shaking out excess.

In a large mixing bowl, combine almonds, yellow raisins (sultanas), salt, nutmeg, ginger, cinnamon, aniseed, cloves, dried orange peel, baking powder, and baking soda. In a medium saucepan over moderate heat, bring the water to a boil. Add honey and stir to dissolve. Add brown sugar and stir to dissolve. Remove from heat; allow to cool 5 minutes.

Add egg and rum to honey-sugar mixture and whisk to blend. Add to spice mixture and stir to blend. Add flours and stir just until flour is absorbed (about 50 strokes). Transfer batter to prepared pan and bake 10 minutes. Reduce heat to 350°F/180°C and bake until a cake tester inserted in center comes out dry (about 30 more minutes for one large pan, 20–25 more minutes for smaller pans). The bread will be very dark.

Let bread cool in pan on a rack for 5 minutes. Unmold and finish cooling on rack. Wrap tightly in plastic wrap and store at room temperature for 2–3 days before serving. Slice thinly to serve.

Holiday Spice Bread (Pain d'épices)

Ingredients

2 tbsp/1oz/30g unsalted butter, melted

flour, for dusting loaf pan(s)

1 cup/4oz/125g coarsely chopped almonds

½ cup/4oz/125g yellow raisins (sultanas)

½ tsp/2.5g salt

¼ tsp/1.25g nutmeg

1 tsp/5g ground ginger

1½ tsp/7.5g cinnamon

1 tsp/5g aniseed

pinch of ground cloves

1½ tsp/7.5g minced dried orange peel (see note)

1 tsp/5g baking powder

2 tsp/10g baking soda

1 cup/8fl oz/250ml water

1 cup/8fl oz/250ml honey

¼ cup/2oz/60g brown sugar

1 large egg, lightly beaten

⅓ cup/3½fl oz/100ml dark rum

1 cup/4oz/125g rye flour

1 cup/4oz/125g whole-wheat flour

1 cup/4oz/125g high-gluten (strong,plain) flour

Place the flour, malt extract, sugar, salt, yeast, milk, and warm water in a mixing bowl and mix well with a wooden spoon.

When the ingredients begin to stick together, turn out the mass of dough and knead the mixture gently on a well-floured surface until all the ingredients are incorporated and the dough is smooth and elastic, about 10 minutes.

Shape into an approximate square, flour well, and place on a flat cookie sheet, covered loosely with plastic wrap. Refrigerate for at least 2 hours, or overnight.

When chilled, roll out the dough into a rectangle approximately 12in x24in/30cm x 60cm. Using a vegetable peeler or cheese slicer, cut slices of chilled butter and lay them on the two-thirds of the dough closest to you. Ensure you use half of the butter. Fold the unbuttered section down over the buttered section, then fold the bottom section back over the top.

Carefully seal the seam and turn the dough so the seam is at the side. Gently but firmly roll out the dough into a large rectangle. Fold the dough as before, bringing the top third down and the bottom third up, then flour well and place on the tray and chill for at least 2 hours. Repeat the above rolling, buttering, folding and rolling process again, using the remaining butter. Chill for at least 2 hours.

When ready to shape the croissants, flour the work surface well. Firmly, but gently, roll out the dough into a rectangle around 24in x 16in/60cm x 40cm and around ⅛in/3mm thick. With a sharp knife, cut the dough in half so that you have two pieces each 24in x 8in/60cm x 20cm.

Mark out triangles with a base of about 3in/8cm and height of 8in/20cm, so that the full width of the dough is used and each triangle is attached to the one

Ingredients

7-8 cups/14oz-1lb/400-450g unbleached all-purpose flour

1 tbsp/15g malt extract

4 tbsp/60g sugar

2 tsp/10g salt

2 tbsp/30g fresh yeast

375ml/12½fl oz evaporated milk

375ml/12½fl oz warm water

1lb/450g unsalted butter, chilled

4 tbsp/60ml milk, to glaze

12 small or **2** large brioches

Combine the sugar, salt, yeast, warm water, and 1 cup/4oz/125g of the flour in a bowl and beat with a wooden spoon until well mixed. Transfer the mixture to the bowl of an electric mixer with dough hooks and add the eggs, one at a time, beating well after each addition.

Gradually add more flour until 2 cups8oz/250g have been incorporated. With the mixer on low speed, add pieces of butter, several at a time, and allow them to be well mixed before adding the next pieces. When the butter has all been added, begin sprinkling the remaining 2 cups8oz/250g of flour over the dough slowly, using only as much as is necessary. When the dough has a very creamy, buttery texture it is ready to rise.

Transfer the dough to a well-oiled bowl and cover tightly with plastic wrap. Place in a cool place to rise until doubled in bulk, approximately 2 hours. Gently deflate the dough, reshape it into a circle and return to the bowl. Allow to rise for about 10 hours, or overnight in the refrigerator.

Turn the dough out onto a well-floured work surface and divide the dough into twelve equal pieces, pinch a small amount of dough from each piece and roll both the large and small pieces into balls. Place the large ball in very well-greased fluted brioche pans and then carefully push your finger through the center of the dough to the bottom. Elongate the bottom of the small ball and gently place this into the cavity created by your finger. If you are making large brioche, divide the dough into two equal portions and proceed with shaping as above.

Allow the brioche dough to prove until doubled in bulk again, in a cool place. This should take about 45 minutes but could take twice as long. Be careful not

Brioche

Ingredients

1/4 cup caster sugar

2 tsp salt

1 tbsp yeast

4oz/125ml warm water

5 cups unbleached bread flour

6 eggs, at room temperature

8½oz/250g unsalted butter, cut into dice

1 egg yolk, beaten

Brie

A soft cow's milk cheese with a powdery white rind. A ripe Brie will be smooth and creamy throughout; unripe Brie is chalky in the center. Texture should be soft but not excessively runny. Avoid Brie with an ammonia odor.

Camembert

A soft cow's milk cheese with a powdery white rind, made in small rounds. A perfectly ripe Camembert will smell faintly of mushrooms. Select as for Brie.

Cantal

A firm cow's milk cheese with a nutty flavor. Young Cantal is smooth and mellow; as it ages, the flavor becomes sharper and the texture more crumbly.

Chèvre

The generic term for goat's milk cheese. There is a huge range of goat's milk cheese shapes and flavors. When very young, they can be quite milky and creamy. As they age, they become sharper and drier. French goat's milk cheeses most frequently exported are Montrachet, Bucheron, and Sainte-Maure. Goat's milk cheeses are delicious with Loire Valley wines, such as Sancerre, Pouilly-Fumé, and Chinon.

Comté

A firm cow's milk cheese, the French equivalent of the Swiss Gruyère, Comté is an excellent mild grating cheese for use in cooking. Emmental is comparable to Comté.

Epoisses

A small round cow's milk cheese from Burgundy. Epoisses has a creamy, moderately pungent interior, and a reddish rind washed with marc de Bourgogne, ta type of brandy made from Burgundy wine.

Fourme d'Ambert

Blue cheese made from cow's milk. The classic Fourme d'Ambert is a cylinder about twice as high as it is wide; the rind is golden orange, the interior strong in flavor, and slightly crumbly.

Fromage des Pyrenées

A generic name for cheeses from the Pyrenees mountains. Most of the exported fromage des Pyrenees is made of cow's milk, but sheep's milk cheeses are made for local consumption. Doux de Montagne is also exported and has a semi-soft interior and a mild, nutty flavor.

Munster

A soft cow's milk cheese from Alsace. Munster is superb with Alsatian Gewurztraminer wine or with beer; in France it is sometimes served with caraway or cumin seed. This round cheese has a yellow-gold rind and a pale, creamy interior; when fully ripe, it can be agreeably pungent.

Petit Suisse

A fresh cow's milk cheese, usually packaged in single-serving plastic containers. Petit-Suisses are enjoyed throughout France as dessert cheeses; typically they are spooned out of their containers, sweetened with sugar, and eaten with fruit.

1 x 23cm/9in cake

Preheat oven to 350°F/180°C. Lightly butter a 6-cup/23 cm/9 in loaf pan. Sprinkle the bottom and sides with granulated sugar, shaking out excess. Using an electric mixer cream butter until smooth. Add brown sugar gradually and beat until light. Add eggs one at a time, beating well after each addition. Beat in salt, vanilla, lemon zest, and allspice. On lowest speed, add 1 cup/4oz`/125g of the flour and beat just until blended. Add sour cream and beat to blend. Add remaining flour and almonds, beating just to blend. Batter will be thick and sticky.

Pour batter into prepared pan and smooth the top. Bake until top is firm and a cake tester inserted in the center comes out dry, about 75 minutes. Cool in pan for 2 minutes, then unmold from pan and finish cooling right side up on a rack.

In a medium bowl combine berries and liqueur. Add sugar if berries are not sufficiently sweet. Leave at room temperature for 15 minutes. Serve pound cake in thin slices with berries on the side or on top. Pass a pitcher of cold crème fraîche.

Ingredients:

½ cup/4oz/125g unsalted butter, softened

about 1 cup/8oz/250g granulated sugar, for dusting pan and for sweetening berries

1 cup/8oz/250g dark brown sugar

4 large eggs

pinch salt

1 tsp/5ml vanilla extract

1 tsp/5g grated lemon zest

½ tsp/2.5g allspice

2 cups/8oz/250g all-purpose flour

3 tbsp/45ml sour cream or crème fraîche

½ cup/4oz/125g toasted almonds, ground medium-fine

3 cups/12oz/350g berries (strawberries, raspberries, loganberries, blueberries)

¼ cup/2fl oz/50ml raspberry liqueur or cognac

butter for greasing the pan

crème fraîche

1 cup/8fl oz/250ml heavy (whipping) cream

1 tbsp/15ml buttermilk

Mix the yeast, sugar, salt and 4 cups/1lb/450g of the flour with the water, adding the flour ½ cup/2oz/50g at a time until the dough is very soft but still manageable enough to knead. Turn the dough out onto a floured surface and incorporate only as much flour as is needed to prevent sticking, then knead very well until the dough is soft and satiny. Place in an oiled bowl and allow to rise until doubled in bulk, about 2 hours. If you have time, this dough would benefit from a longer rise.

Turn the dough out and cut into three or four equal portions, depending on the required size of the baguettes. Roll the dough out into an oval shape and roll up tightly, jellyroll-style. Roll the shaped dough back and forth to lengthen the baguette.

Brush the surface with beaten egg white or water then sprinkle with flour.

Slash the tops of the baguettes diagonally with a very sharp knife at 4in/10cm intervals and allow the dough to rise until doubled in bulk, about 30 minutes.

Bake at 430°F/ 220°C for 20-30 minutes, until crisp and pale golden.

Tip

For a crispier crust, spray the loaves with water at 10 minute intervals during baking.

Ingredients

1 tbsp/15g dried yeast

1 tbsp/15g sugar

1 tbsp/15g salt

5-6 cups/1lb 8oz/700g unbleached all-purpose (strong, plain) flour

2 cups/16fl oz/500ml warm water

1 egg white, for glazing

6-8 servings

To make filling, place figs, dates, orange juice, brandy, and cinnamon stick in a saucepan. Cook over a low heat, stirring, for 15–20 minutes or until fruit is soft and mixture thick. Discard the cinnamon stick.

To assemble the pudding, place one-third of the brioche slices in the base of a greased 4½in x 8½in/11cm x 21cm loaf pan. Top with half the filling. Repeat layers, ending with a layer of brioche.

Place eggs, milk, vanilla extract, and nutmeg in a bowl and whisk to combine. Carefully pour egg mixture over brioche and fruit and set aside for 5 minutes. Place the loaf pan in a roasting pan with enough boiling water to come halfway up the sides of the loaf pan and bake for 45 minutes or until firm. Leave pudding in the loaf pan for 10 minutes before unmolding and serving.

Tip

This tempting dessert is best eaten cut into slices and served with cream as soon as possible after removing from the pan.

Ingredients

1 brioche, sliced

6 eggs, lightly beaten

1½ cups/375ml/12fl oz milk

1 tsp/5ml vanilla extract

1 tsp/5g grated nutmeg

6 servings

Place the apricots and the tea bag in a bowl, cover with boiling water, and leave to soak for 1 hour. Drain, reserving 2½ tbsp of the liquid, and discard the tea bag. Put the apricots in a food processor with the reserved liquid, lime rind and juice, and blend to a slightly chunky purée. Transfer to a large bowl.

Butter an 8in/20cm soufflé dish and dust with superfine sugar. Heat the oven to 375°F/190°C. Whisk the egg whites with a tiny pinch of salt until they form soft peaks (this is easiest with an electric whisk). Gradually sprinkle in the sugar and whisk again until the mixture is thick and glossy.

Using a large metal spoon, fold a spoonful of the whisked egg whites into the apricot purée to loosen it, then gently fold in the rest of the egg whites. Spoon the mixture into the soufflé dish. Cook for 30-35 minutes, until just firm and well risen. Dust the soufflé with the confectioner's sugar and serve straight away.

Apricot and Lime Soufflé

Ingredients

1 cup/8oz/250g ready-to-eat dried apricots

1 mint teabag

2 limes, zest finely grated, juice squeezed

Butter for greasing dish

6 tbsp/90g golden superfine sugar, plus extra for coating

6 large egg whites

Pinch of salt

Confectioner's sugar for dusting

Preheat oven to 425°F/215°C. Core the apples and cut each into 6 slices.

Melt the butter in a large saucepan over moderate heat. Add ½ cup/4oz/125g of the sugar, the lemon juice, and lemon zest. Add apple slices and stir to coat with butter. Cook, uncovered, for 5 minutes. Remove from heat.

In a small, heavy saucepan, combine remaining sugar and the water. Cook over moderate heat, without stirring, until sugar turns golden-brown. Immediately pour caramel into a greased 9-in/23cm cake pan. Swirl cake pan quickly to coat bottom with caramel.

Arrange apple slices in neat concentric circles on top of caramel. Any remaining apple slices can be piled randomly on top. Reduce liquid remaining in saucepan to ¼ cup/2fl oz/60ml and spoon over apples.

Make the pâte brisée dough. On a lightly floured surface, roll the pâte brisée dough into a circle large enough to cover pie plate and about 2.5mm/⅛ in thick. Cover the apples with the dough. Bake until crust is golden brown (about 25 minutes). Cool pie on a rack 15 minutes. Unmold upside down,k so the apples are on top, onto a serving dish. Serve in wedges with cream or crème fraîche if desired.

Pâte brisée

To make in a food processor: Combine flour, sugar, salt, and lemon zest in a

Ingredients

5–6 medium-size dessert apples

¼ cup/2oz/50g unsalted butter, plus butter for greasing pan

1½ cups/12oz/350g sugar

2 tbsp/30ml lemon juice

1 lemon, zest removed with lemon zester or grater

½ cup/4fl oz/125ml water

flour, for dusting

½ cup/4fl oz/125ml whipped cream, sweetened lightly (optional)

Pâte brisée (Shortcrust dough)

1¼ cups/5oz/140g flour

1½ tbsp/¾oz/22 g sugar

pinch salt

grated zest of ½ lemon

½ cup/4oz/125g chilled unsalted butter, cut into 8 pieces

1 large egg yolk

2 tbsp/30ml water

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